

A Positive Start to High School

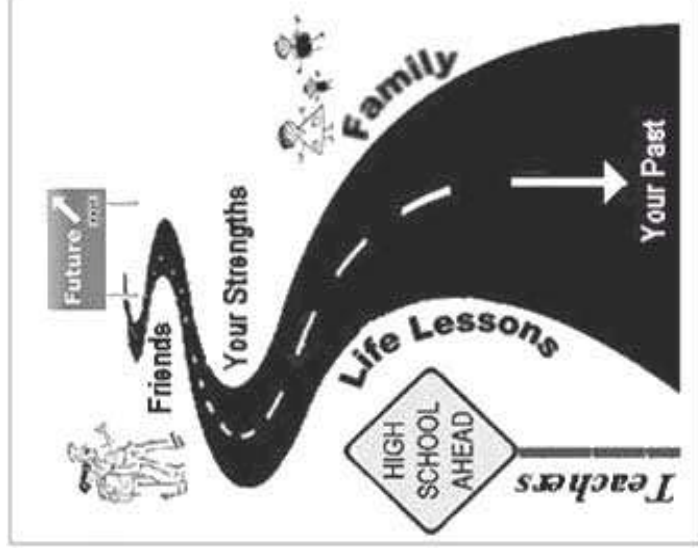
(some tips from Positive Psychology)

THE ROAD TO HIGH SCHOOL

Your road to high school actually started a long time ago. In fact you've had at least one big change before (when you started Kindergarten).

Most of you will have had other big changes too like - moving house, new school, travelling, changes in your family, new friends etc....

List some of the changes that have happened in your life:



Where you go along the Road depends a lot on you but there's help along the way

As well as what you do you are also influenced by your friends, family, teachers & others:

Write down one way you have been helped by each of these groups. Try to think of a specific example (eg: dad always helped me with my maths homework):

FRIENDS:

FAMILY:

TEACHER:

OTHER:

Your Natural Abilities will also help you along the Road

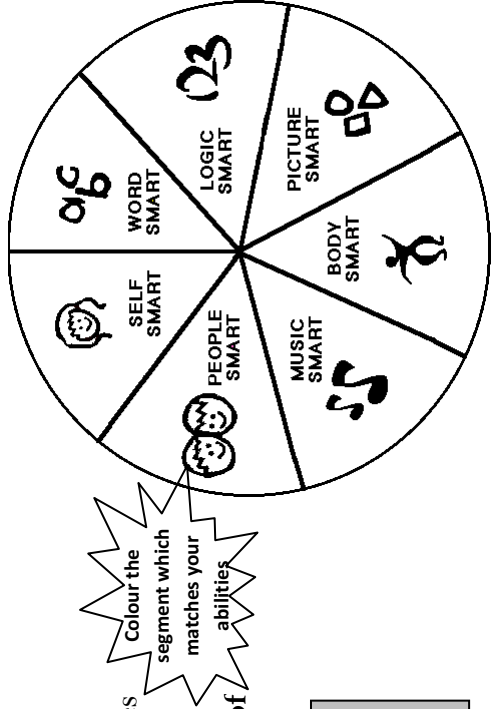
Tick some of your natural abilities

- | | | | | | |
|-----------------------------------|--|-----------------------------------|--------------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> drawing | <input type="checkbox"/> listening | <input type="checkbox"/> reading | <input type="checkbox"/> motivation | <input type="checkbox"/> games | <input type="checkbox"/> |
| <input type="checkbox"/> maths | <input type="checkbox"/> persuading | <input type="checkbox"/> skating | <input type="checkbox"/> remembering | <input type="checkbox"/> calming | <input type="checkbox"/> |
| <input type="checkbox"/> thinking | <input type="checkbox"/> fixing things | <input type="checkbox"/> painting | <input type="checkbox"/> photography | <input type="checkbox"/> talking | <input type="checkbox"/> |
| <input type="checkbox"/> helping | <input type="checkbox"/> telling jokes | <input type="checkbox"/> kindness | <input type="checkbox"/> honesty | <input type="checkbox"/> running | <input type="checkbox"/> |

Your natural **ABILITIES** may be in any number of areas such as: sport, art, music, writing, people skills, thinking skills, languages science, building or making things.

But even your natural gifts need the habit of practice to develop.

“The person born with a talent they are meant to use will find their greatest happiness in using it.” Johann von Goethe



List Five ingredients for
a Happy Life?

	Success?
1	
2	
3	
4	
5	

Happiness comes from using your skills and abilities

Did you know that research shows that people who make the most of their talents and abilities are the happiest and the most successful.

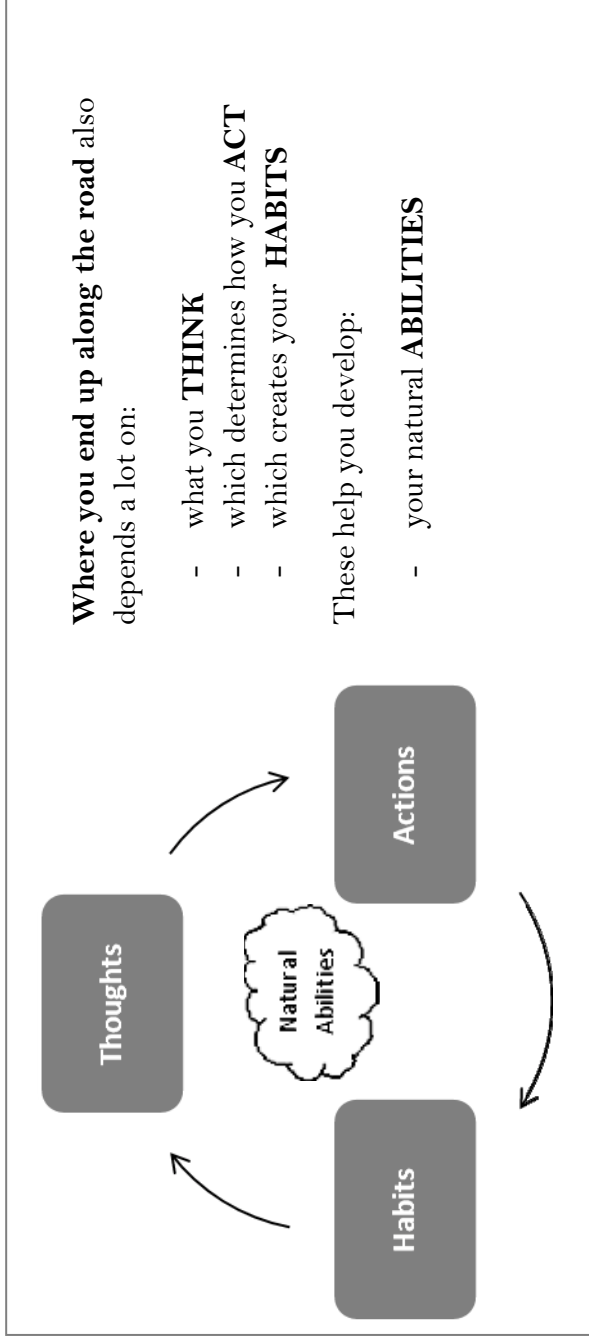
This may mean trying things even if you're a bit worried, anxious or bored. Taking it easy, avoiding difficult tasks or avoiding things that make us anxious may be OK in the short-run. But doing these things over time can make us unhappy. It also means that we don't get any better at them.



Which **ACTIONS** should you take at H.S. that may bring pain but also gain.

- * Go and say hello to a new student even if you feel shy. YES ☐ NO ☐
- * Take a look at another student's answer on a test. YES ☐ NO ☐
- * Get into the habit of using your homework diary. YES ☐ NO ☐
- * Ask your mum to find out your roll call class for you. YES ☐ NO ☐
- * Try out for something new. (eg: SRC, school play). YES ☐ NO ☐

USING YOUR NATURAL ABILITIES



Tips for developing good Habits

👉 "Motivation gets you started. Habit is what keeps you going. Excellence is not an act its a habit."

- 1) Choose a habit you believe you can change,
- 2) Make a specific goal to reach,
- 3) Write it down,
- 4) Tell people who can remind you,
- 5) Measure your progress

Discuss and add some more tips of your own

List some of your:

Good Habits

eg: going to soccer training to build skills

Bad Habits

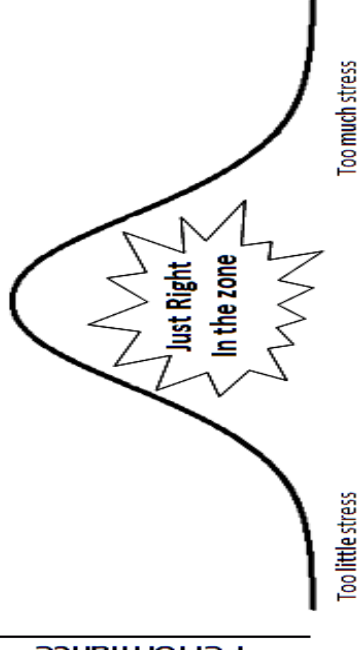
eg: playing computer games instead of homework

Think of a personal Goal for High School :

High

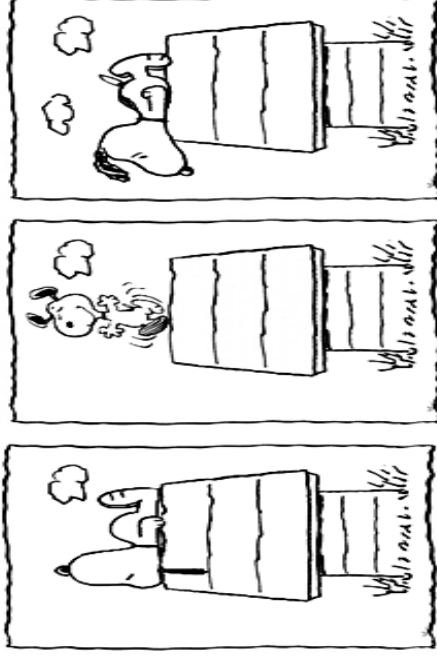
Performance

Low



Too little stress

Too much stress



GETTING IN THE FLOW

Going to High School can be a very exciting time. There is so much to look forward to. But just like the excitement you get before a big performance, a sporting contest or music exam it often comes with some stress and worry. Even good changes like going on a big holiday cause this kind of stress. The good news is that **THIS IS NORMAL**. This stress is what motivates us to perform at high levels.

If you are good at something and the task is too easy you get bored. If you are not so good at something and you get pushed too hard you may give up. But when the pressure is just right for your skill level – you get “in the zone” this is called a state of **FLOW**.

What activities get you in a state of Flow? (see how many match your natural abilities listed earlier)

STRENGTH SPOTTING

The activities that get you in the flow are usually good clues to your natural strengths. Can you spot the natural strengths in your friends and classmates? What about your teachers? Use the list of strengths below and see if you can think of a positive statement for each of the other students in your class. Think about your teacher too.



It's generally easy to spot strengths in your friends because you know them well and you like them. It's harder to spot strengths in people you don't know well. And it's hardest of all to spot strengths in people you don't like.

It's a sign of growing up and maturity if you can accept that people are different from you. If you can spot strengths in people you don't actually like then you are growing into a mature person.

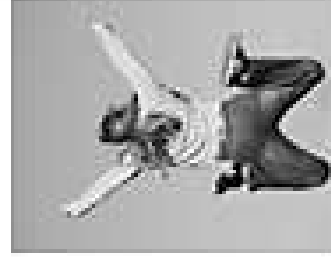
So look for strengths everywhere and you'll be surprised what you find.

ACTIVITY: Write a positive statement about each of the other members of your class which focuses on their good qualities and strengths. Say what good qualities you will remember them for. (See strength List attached to give you some ideas).

STRENGTH	EXAMPLE
Appreciation	Noticing and appreciating beauty, excellence or skilled performance in all aspects of life
Bravery	Not shrinking from threat, challenge or difficulty
Caution	Not saying or doing things that might later be regretted
Creativity	Thinking of new and productive ways to do things
Curiosity	Taking an interest in experiences
Enthusiasm	Approaching life with excitement and energy
Fairness	Treating all people the same according to a sense of equality and justice
Forgiveness	Forgiving those who have done wrong
Gratitude	Being aware of and thankful for good things that happen
Honesty	Speaking the truth and being genuine
Hope/Optimism	Expecting the best and working to achieve it
Humour	Liking to laugh and joke and bring smiles to other people
Kindness	Doing favours and good deeds for others
Leadership	Organising group activities and making sure they happen
Love	Valuing close relationships with others
Love of learning	Mastering new skills, topics and knowledge
Modesty	Letting your accomplishments speak for themselves
Open-mindedness	Thinking things through and examining them from all sides
Perseverance	Finishing what you start
Perspective	Being able to provide wise advice to others
Self-control	Controlling what you say and do
Sociability	Being aware of the motives and feelings of yourself and others
Spirituality	Believing in the higher purpose and meaning of life
Teamwork	Working well as a member of a group or team

5 Rules for a Happy Life

Know what you stand for and be brave enough to be yourself.



1. **Use your natural talents:** - You all have different talents. So discover what your natural strengths are and find ways to use them at home, with your friends and at school.
2. **Connect positively with others:** The most important aspect of a your life is who you connect with. Caring genuinely for our friends & family in bad times as well as good is one of the important rules for being happy.
3. **Positive thoughts & feelings:** Positive thinking can be learned and positive emotions can be trained. Positive thinkers find more opportunities, attract other positive people and enjoy life. Doing things to promote positive emotions helps us stay calm and handle it better even when things go wrong.
4. **Be Kind & Grateful:** People enjoy life more when they are grateful for what they have rather than focusing on what they don't have. If you focus more on being kind to others than on yourself this brings its own rewards to you.
5. **Be in the Moment:** If you learn to focus your mind in the present instead of worrying about the past or the future you will see things you might otherwise miss. Learn to enjoy the little things in life and there will be no shortage of happiness.